

358 North Broadway, Suite 203  
Sleepy Hollow, NY 10591

- ❖MICHAEL J. BERGSTEIN, MD, FACS  
    ►JILL ZEITLIN, MD  
    ◆JOHN COUNTY, MD, FAAAAI  
    ►Board Certified, American Academy of  
    Otolaryngology / Head & Neck Surgery  
    ❖Board Certified in Facial Plastic  
    and Reconstructive Surgery  
    ▼Diplomate, American College of Surgeons  
    ◆ Board Certified in Allergy & Immunology

Office: 914-631-3053

Fax: 914-631-2807

**A NEW TECHNIQUE FOR RELIEVING SINUSITIS**

**BALLOON SINUPLASTY**

**What is Sinusitis?**

Sinusitis is an inflammation of the sinus lining. If the sinus opening becomes swollen shut, normal mucous drainage may not occur, and this may lead to infection and inflammation of the sinuses.

**What are the common symptoms of Sinusitis?**

Common symptoms include:

- Facial pain, pressure, congestion, or fullness
- Nasal blockage
- Discolored mucus from the nose
- Discolored nasal drainage into the throat
- Loss of smell
- Headache
- Bad breath
- Fatigue

**What type of doctors treat sinusitis?**

Many types of doctors treat sinusitis, including general and family practice physicians, pediatricians, and allergists; however, if you have chronic sinusitis or do not respond to medical treatment, you may be referred to a specialist- an Ear, Nose and Throat (ENT) Physician, or Otolaryngologist.

**How is Sinusitis treated?**

Three approaches have emerged for treating sinusitis patients:

- Medical therapy
- Endoscopic Sinus Surgery with cutting instruments
- Endoscopic Sinus Surgery with Balloon catheters



358 North Broadway, Suite 203  
Sleepy Hollow, NY 10591

- ▶❖MICHAEL J. BERGSTEIN, MD, FACS
- ▶JILL ZEITLIN, MD
- ◆JOHN COUNTY, MD, FAAAAI
- ▶Board Certified, American Academy of Otolaryngology / Head & Neck Surgery
- ❖Board Certified in Facial Plastic and Reconstructive Surgery
- ▼Diplomate, American College of Surgeons
- ◆ Board Certified in Allergy & Immunology

Office: 914-631-3053

Fax: 914-631-2807

### Medical Therapy

Sinusitis is typically treated first with medication. Treatment with antibiotics or topical nasal steroid sprays is successful for many Sinusitis sufferers. Inhaling steam or use of saline nasal sprays or drops can also help; however, an estimated 20 to 25 percent of patients do not respond adequately to medication.

### Endoscopic Sinus Surgery (with cutting instruments)

Sinus surgery aims to clear blocked sinuses and restore normal sinus drainage and function. The procedure removes bone and tissue to enlarge the sinus opening. The removal of bone and tissue may lead to pain, scarring, and bleeding. Conventional sinus surgery results in an 80 to 90 percent success rate in relieving patients' symptoms.

### Endoscopic Sinus Surgery (with Balloon Sinuplasty™ technology)

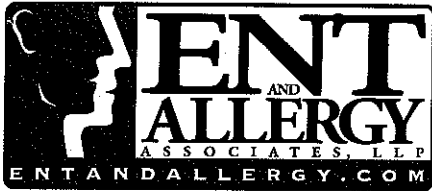
The technology utilizes a small, flexible Sinus Balloon that is placed into the nose to reach the sinuses. The Sinus Balloon is gradually inflated to restructure the previous blocked sinus opening which helps to restore normal sinus drainage and function. There is minimal bleeding, and many patients have been able to return to normal activities within 24 hours. Clinical studies have indicated that the Balloon Sinuplasty™ system is a safe and effective instrument in dilating blocked sinuses.

### What is Balloon Sinuplasty?

Balloon Sinuplasty™ is the name used for an exciting group of medical devices that are used to create openings in your sinuses. The devices use a small, flexible balloon that is placed into the nose to reach the sinuses. The balloon is gradually inflated to gently restructure the previously blocked nasal passage, restoring normal sinus drainage and function.

### What are the Balloon Sinuplasty™ devices?

The Balloon Sinuplasty™ devices are FDA-cleared, endoscopic, catheter-based instruments specifically designed to be used in sinus surgery. The Sinus Balloon Catheter is gradually inflated to gently restructure the previously blocked sinus opening, which restores normal sinus drainage and function without damaging the sinus.



358 North Broadway, Suite 203  
Sleepy Hollow, NY 10591

- ▶❖MICHAEL J. BERGSTEIN, MD, FACS
- ▶JILL ZEITLIN, MD
- ◆JOHN COUNTY, MD, FAAAAI
- ▶Board Certified, American Academy of Otolaryngology / Head & Neck Surgery
- ❖Board Certified in Facial Plastic and Reconstructive Surgery
- ▼Diplomate, American College of Surgeons
- ◆ Board Certified in Allergy & Immunology

Office: 914-631-3053

Fax: 914-631-2807

**Does surgery with the Balloon Sinuplasty™ technology work?**

Clinical studies have indicated that Balloon Sinuplasty™ technology is safe and effective in dilating sinus openings.

**Are Balloon Sinuplasty™ devices safe?**

The Balloon Sinuplasty™ technology is minimally invasive and has been clinically demonstrated to be safe by leading Ear, Nose, and Throat doctors. Finally, unlike other surgical methods used to clear blocked sinus openings, Balloon Sinuplasty™ does not remove any bone or tissue, and some patients return to normal activities quicker - within 24 hours otherwise other comorbid conditions.

**How long does it take to recover from a typical sinus surgery using the Balloon Sinuplasty™?**

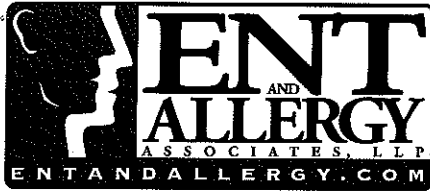
Because the system is minimally invasive, it is typically used in an outpatient setting. All recovery time will vary from patient to patient, and many people can return to normal activities within 24 hours after surgery.

**Does Surgery with Balloon Sinuplasty™ devices limit my treatment options?**

No. Balloon Sinuplasty™ devices are endoscopic tools used within conventional sinus surgery and may be used with other medical therapies. They do not limit future treatment options for patients.

**Are Balloon Sinuplasty™ devices right for me?**

If you suffer from sinusitis and medication alone has not been effective in relieving your symptoms, you may be a candidate for surgery using the Balloon Sinuplasty™ devices. To find out if you are a candidate for the Balloon Sinuplasty™ devices, we encourage you to talk to your physician about whether these FDA-cleared, endoscopic, catheter-based tools are right for you.



358 North Broadway, Suite 203  
Sleepy Hollow, NY 10591

- ▶♦▼MICHAEL J. BERGSTEIN, MD, FACS
- ▶JILL ZEITLIN, MD
- ♦JOHN COUNTY, MD, FAAAAI
- ▶*Board Certified, American Academy of Otolaryngology / Head & Neck Surgery*
- ♦*Board Certified in Facial Plastic and Reconstructive Surgery*
- ▼*Diplomate, American College of Surgeons*
- ♦ *Board Certified in Allergy & Immunology*

Office: 914-631-3053  
Fax: 914-631-2807

**Who Uses Balloon Sinuplasty™ devices?**

Ear, Nose, and Throat Physicians (Otolaryngologists) who have been qualified to perform the procedure on the Relieva Balloon Sinuplasty™

**Are Balloon Sinuplasty™ devices covered by Medicare?**

Yes. Medicare Covers Balloon Sinuplasty™ devices.

**About Dr Bergstein:** Dr. Bergstein is board certified in Otolaryngology/ Head and Neck Surgery, and Facial Plastic and Reconstructive Surgery. He is a senior attending at Phelps Memorial Hospital and The Mount Sinai Medical Center in New York City. Dr. Bergstein is also the Surgical Director of Phelps Memorial Sleep Laboratory. He has been performing the Balloon Sinuplasty™ Procedure since its inception, and currently performs the most procedures using the Balloon Sinuplasty™ system in Westchester County.